

# One Pan Italian Chicken Skillet

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/sauteed-italian-chicken-breast-recipe>

## Ingredients:

- 1 pound chicken breast cut into bite sized pieces
- 2 tablespoons extra virgin olive oil avocado oil, or unrefined coconut oil
- 4 garlic cloves fresh, minced
- 8 ounces button mushrooms fresh
- 2 red bell pepper chopped
- 1 bunch asparagus ends trimmed and cut in halves
- 1 medium zucchini sliced
- 1 tablespoon Italian seasoning
- 2 tablespoons balsamic vinegar high quality
- sea salt
- black pepper

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 75 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 29 grams
7. SaturatedFat: 2 grams
8. Sodium: 340 milligrams
9. Sugar: 8 grams

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